



**IMPLEMENTATION  
STRATEGY**

**2016**

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COMMUNITY HEALTH IMPROVEMENT  
PLAN

DRAFT JULY 13 Version

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## **Background**

### **St Anthony Regional Hospital and Nursing Home**

St Anthony Regional Hospital and Nursing Home conducted a community needs assessment in accordance with Section 501 r requirements of the Internal Revenue Code. The federal Patient Protection and Affordable Care Act passed in 2010 established requirements that hospitals must comply with in order to maintain their federal tax exempt status. Conducting health needs assessments is included among these requirements; the assessments must be done a minimum of every three years.

The 2016 needs assessment was completed and adopted by the St Anthony Regional Hospital and Nursing Home Board of Directors before the June 30<sup>th</sup> tax year closing. As with the previous assessments, this assessment is intended to help the hospital better understand the health needs of residents in the St Anthony Hospital service area. This assessment will be used to target interventions focused on selected community health needs.

The federal requirement also call on hospitals to develop implementation strategies, or health improvement plans, based on the assessment to ensure that community benefit investments focus on documented needs. St Anthony Hospital intends to coordinate efforts with the Carroll County Public Health Department to ensure that community benefit resources address area needs and improve the health of residents in our service area.

### **Mission**

The mission of St. Anthony Regional Hospital and Nursing Home is inspired by faith and committed to excellence. We are dedicated to improving the health of the people we serve. We will lead in providing high quality, high value healthcare services responsive to the needs of our patients and the region. We are committed to the health ministry of our sponsors, the Franciscan Sisters of Perpetual Adoration.

### **Vision**

As a faith-based regional provider, St. Anthony will continue to be the recognized leader in mission focus, quality care and fiscal strength in Iowa. The mantra of St. Anthony Regional Hospital and Nursing Home is health, healing and hope.

### **Service Area**

St. Anthony Regional Hospital & Nursing Home is located at 311 South Clark Street, Carroll, Iowa. St. Anthony Regional Hospital service area was determined by a review of past year inpatient admissions and outpatient visits. Approximately 90% of patients came from six counties. The six counties of Audubon, Carroll, Calhoun, Crawford, Greene, and Sac comprise the hospital's primary service area.

## **Priority Needs**

The following priority health needs were identified in the St Anthony Regional Hospital and Nursing Home service area through this community health needs assessment process. The needs are presented in alphabetically order.

### ***Alcohol and Tobacco Use***

Reduce the high rates of alcohol and tobacco use prevalent among area adults and youth.

### ***Cancer***

Reduce prevalence of, and deaths resulting from, cancer among area residents.

### ***Chronic Disease Management & Health Education***

Expand chronic disease management programs, especially for resident with diabetes and heart disease, and health education programs.

### ***Cost***

Expand coverage and provide relief from financial barriers to improve access to care for uninsured and insured residents.

### ***Hours of Operation***

Expand clinical services hours to avoid lost wages due to taking time off from work.

### ***Insurance Issues***

Provide informational sessions on health insurance coverage and optimal use of insurance.

### ***Linguistic/Cultural Issues***

Expand linguistic and cultural awareness and capabilities of providers to meet the needs of an increasingly diverse patient population.

### ***Maternal and Child Health***

Expand access to prenatal care to all pregnant women in the service area to improve birth outcomes.

### ***Mental Health***

Improve access to mental health services provided in the most appropriate setting, for both adults and youth.

### ***Nutrition, Obesity and Exercise***

Improve nutrition, reduce the rate of obesity and increase physical activity for area residents.

***Transportation***

Improve access to transportation for health and medical visits.

***Vaccinations***

Increase vaccination as means of reducing flu and pneumonia, particularly among elderly residents.

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## Implementation Strategy

Senior leaders of St Anthony Hospital reviewed the assessment findings and prioritized needs. Consideration was given to existing expertise and capacity, as well as the effectiveness and feasibility of possible interventions. These factors were all taken into consideration when developing this implementation strategy.

The following significant needs will be addressed by St Anthony Hospital through the programs or actions described below. Also included are resources that will be committed to the effort and the anticipated outcomes and goals related to these actions. Collaboration with other organizations in addressing needs will be described where such collaboration is anticipated and relevant.

## Alcohol & Tobacco Use

St Anthony's Hospital will utilize the following strategies and actions to address the use of alcohol and tobacco in the service area.

### Strategies and Actions

- Screen hospital in-patient and out-patient visitors on history of use/abuse of alcohol, tobacco and other drugs.
- Refer hospital patients currently smoking or with a history of smoking to respiratory therapy for assistance with smoking cessation.
- Refer adults to Quitline Iowa for smoking cessation assistance.
- Partner with groups working on tobacco and alcohol prevention efforts focused on youth.
- ~~Train providers on use of Screening, Brief Intervention and Referral to Treatment (SBIRT) protocol to screen for problematic use and dependence on alcohol and illicit drugs. (N.B. This was a possible resource suggested by staff at New Opportunities.)~~
- Conduct community outreach and education on the health effects of tobacco and alcohol use.

### Partners

New Opportunities Prevention Services  
County Public Health Departments  
Iowa Department of Public Health  
[Manning Regional Healthcare Center](#)

### Resources

[Public Health hours](#)

[Staff Hours for Assessments](#)

[Community Event Cost \(rental, staff hours, refreshments\)](#)

### Expected Outcomes

Reduce rate of binge drinking of alcohol among area adults.  
Reduce rate of tobacco use among area adults.  
Reduce rates of alcohol and tobacco use among area youth.

## **Cancer**

St. Anthony's - St. Anthony Regional Hospital will utilize the following strategies and actions to address cancer among service area residents.

### ***Strategies and Actions***

- Implement a public awareness campaign on the importance of cancer screening tests.
- Engage primary care providers urging them to discuss importance of cancer screening with patients.
- Reduce financial barriers to cancer screening through improving access to public health screening initiatives.
- [Community Education Event](#)

### ***Partners***

County Public Health Departments  
Regional healthcare providers

### ***Resources***

[Brochures](#)

[Media Advertisements](#)

### ***Expected Outcomes***

Increase the percentage of area residents receiving colorectal screening, pap smears, and mammograms.

Improve screening for cancer and cancer treatment for area residents.

## **Chronic Disease Management & Health Education**

St. Anthony's - St. Anthony Regional Hospital will utilize the following strategies and actions to expand chronic disease management programs and health education programs, especially for resident with diabetes and heart disease.

### ***Strategies and Actions***

- Improve access to disease management programs.
- Distribute education materials and increase access to programs provided chronic care clinic.
- Distribute English and Spanish language materials to area residents describing chronic disease management strategies and programs for people with chronic conditions.
- Expand programs offered by health coach to assist area residents with chronic disease in accessing appropriate care and counseling.
- Teach area youth about diabetes and importance of diet and exercise through presentation of American Diabetes Association's Diabetes Busters Program to fourth grade students in area schools.

### ***Partners***

County Public Health Departments

American Diabetes Association  
~~Carroll Public Area~~ Schools

### **Resources**

[Brochures](#)

[Staffing \(Additional Nurse Practitioner\)](#)

### **Expected Outcomes**

Increase number of area residents maintaining control over chronic diseases.

## **Cost & Insurance Issues**

~~St Anthony's~~ [St. Anthony Regional](#)-Hospital will utilize the following strategies and actions to address financial barriers to care for uninsured and insured residents.

### **Strategies and Actions**

- Identify uninsured and underinsured hospital patients in need of financial assistance.
- Help uninsured patients and area residents enroll in available public programs and marketplace coverage with assistance from St Anthony staff that are certified application counselors.
- Provide application and information on the *St Anthony Cares* financial assistance program to all uninsured hospital patients.
- Assist underinsured patients by providing application an information on the *St Anthony Cares* financial assistance program.
- Ensure limited-English speaking populations are able to access to care by developing Spanish language materials which explain *St Anthony Cares* program and other services offered by St Anthony Regional Hospital.
- Distribute information on the *St Anthony Cares* program to patients of the free clinics in region.
- [Continue to provide low cost lab screenings once per month](#)
- [Continue to remain low cost provider](#)

### **Partners**

County Public Health Departments

### **Resources**

[Brochures](#)

[CAC Certification of Staff](#)

[Staff Time](#)

[On-Line Presence](#)

### **Expected Outcomes**

Reduce financial barriers to needed care by improving access to insurance coverage and the *St Anthony Cares* program.



## **Linguistic/Cultural Issues**

St Anthony's St. Anthony Regional Hospital will utilize the following strategies and actions to expand linguistic and cultural awareness and capabilities of providers to meet the needs of an increasingly diverse patient population.

### ***Strategies and Actions***

- Better serve limited English proficient populations by deploying interpretation services in hospital setting through use of telephonic service or face-time service provided on lap top computer.
- Improve access to care for Spanish-speaking populations by hiring Spanish bi-lingual-speaking staff when possible.

### ***Partners***

#### ***Resources***

Interpreter Service Costs

Dedicated Laptop

Telephone Costs

Recruitment/Training Costs

#### ***Expected Outcomes***

Improve access to necessary care by reducing linguistic barriers.

Ensure that diverse linguistic and cultural populations are able to access care provided through St Anthony Regional Hospital.

## **Maternal & Child Health**

St Anthony's St. Anthony Regional Hospital will utilize the following strategies and actions to expand access to prenatal care to all pregnant women in the service area to improve birth outcomes.

### ***Strategies and Actions***

- Conduct community outreach and education on the importance of prenatal care.
- Expand access to obstetrical services in region by providing services through satellite clinics.
- Extend childbirth education by developing an on-line childbirth education class.

### ***Partners***

County Public Health Departments

New Opportunities

Area Medical Staff

#### ***Resources***

Online Cost

Instructors

[Community Meeting Cost\(renal, staff time, refreshments\)](#)

***Expected Outcomes***

Increase access to prenatal care and improve birth outcomes.

**Mental Health**

[St Anthony's-St. Anthony Regional](#) Hospital will utilize the following strategies and actions to improve access to mental health services provided in the most appropriate setting, for both adults and youth.

***Strategies and Actions***

- Promote public education campaign to inform residents of services available in region.
- Strengthen partnership with mental health providers in the region to increase access to mental health services for area residents.
- Improve referrals to community-based services for hospital in-patients and primary care clinic patients.

***Partners***

Plains Area MH Services

New Opportunities

County Public Health Departments

[Rolling Hills Community Services Region](#)

***Resources***

***Expected Outcomes***

Expand referrals to community-based mental health services for patients and residents in need of such service.

**Nutrition, Obesity & Exercise**

St Anthony's Hospital will utilize the following strategies and actions to improve nutrition, reduce the rate of obesity and increase physical activity for area residents.

***Strategies and Actions***

- Conduct public outreach and education to increase exercise and fitness activity of area residents.
- Work with community partners to promote physical activity among area residents.
- Work with area employers to promote worksite wellness plans
- Sponsor Active Bodies Exercise class to promote physical activity for de-conditioned residents of area.
- Conduct Healthy Living Program, a multiple-session program intended to encourage exercise, healthy eating, goal-setting, and planning for long-term wellness00
- Offer Workforce Health Initiative sessions, delivered at employment sites, that provide information on a range of topics including diabetes prevention, managing cholesterolactive living, healthy lifestyle, fitness, stress management, and smoking cessation.

### ***Partners***

Carroll Recreation Center  
Wellness Coalition  
Area businesses  
[Area Physicians](#)

### ***Resources***

[Staff Time](#)

[Space](#)

### ***Expected Outcomes***

Improve nutrition and increase physical activity among area residents.  
Reduce the percentage of area adult residents considered to be obese.

## **Vaccinations**

[St. Anthony's St. Anthony Regional Hospital](#) will utilize the following strategies and actions to increase vaccination as means of reducing flu and pneumonia, particularly among elderly residents.

### ***Strategies and Actions***

- Design a public education message on the importance of receiving flu and pneumonia vaccines.
- Screen hospital patients on whether they have received flu and pneumonia vaccines.
- Conduct public outreach and education to promote flu and pneumonia vaccinations.
- Collaborate with public health departments to promote and administer vaccinations.

### ***Partners***

County Public Health Departments  
Regional healthcare providers

### ***Resources***

[Vaccine Costs](#)

[Staff Time](#)

### ***Expected Outcomes***

Increase percentage of elderly residents receiving flu and pneumonia vaccinations.  
Reduce hospitalization rates for area residents due to flu and pneumonia.

## **Significant Health Needs Not Addressed Through This Plan**

### **Hours of Operation**

*How would you like to address this?*

### **Transportation**

The Public Health Department helps in addressing the transportation needs by maintaining a list of available taxi services and raising funds to support taxi vouchers for elderly patients. However, given the challenge of ensuring adequate transportation in a rural area, this is not a need that will be addressed by St. Anthony due to a lack of infrastructure and expertise.

*Are there others??*

### **Concluding Section**

(To be developed)

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